



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

MARTIN LUTHER KING, JR. POOL

6401 Skyline Dr. • San Diego, CA 92114 • (619) 527-3451 • www.sandiego.gov

SPRING PROGRAM

PROGRAM EFFECTIVE FEBRUARY 16 – JUNE 27, 2010

LAP/RECREATION SWIM

Monday – Friday 4:00 pm – 7:00 pm

MEMORIAL DAY HOURS

May 31, 2010 12:00 pm – 3:00 pm

**THE POOL WILL BE CLOSED ON MARCH 31 AND
MAY 13, 2010**

Specific lanes/areas will be designated for Lap & Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

FACILITY ADMISSION FEES

Adults (16 years & older) \$4.00/admission
Child/Disabled/Senior \$2.00/admission

All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee.

- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.

DISCOUNT PASS FEES

Passes expire one year from the date of issue and can be used at any City pool.

Adults (16 years & older)	\$100.00/30 swims
Adults (16 years & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

WATER FITNESS

ABC, Aquatic Body Conditioning is a medium paced cardiovascular workout designed for an overall body exercise emphasizing all the major muscle groups.

Wednesdays & Fridays 6:00 pm – 7:00 pm
\$3.50/class

DISCOUNT PASS

\$30.00/10 Classes



EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.



**All City of San Diego parks, pools,
and beaches are smoke free.**

CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a multi-cultural recreational swim organization for youth ages 5-17 years old, which offers a quality, safe and affordable program that is committed to developing well-balanced athletes who compete at the local level. The goal of CSDS is to encourage personal challenges through competition and organized practices; and to promote spirit by supporting each other, working together and HAVING FUN! Prerequisite for joining CSDS is successful completion of Competitive Skills I course or Pool Manager's approval.

WHITE/SILVER TEAM

Monday/Wednesday/Friday 5:45 pm - 6:45 pm
\$25.00/Month

YOUTH WATER POLO

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday & Thursday 5:30 pm - 7:00 pm
\$25.00/Month

REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

LEARN TO SWIM FOR FREE

This exciting program provides swimming skills, promotes water safety, and encourages youth to consider future careers as lifeguards. The lessons are taught by Park and Recreation Department Aquatics District Pool Guards, who are American Red Cross, certified Water Safety Instructors. Program is funded by City of San Diego Lifeguard Service.

REGISTRATION:

Saturday March 6th, 10:00 am - 12:00 Noon

SESSION DATES

Session I: March 15 - April 2 (No Class 3/31)

Session II: April 5 - April 23

Session III: April 26 - May 14

Session IV: May 17 - June 4 (No Class 5/31)

Classes are held on Monday, Wednesday, and Friday. Call pool for class times. Due to the high demand for these classes, participants may register for only one session at a time.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 525-8235.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.